

The Walking Club

Murray Parks and Recreation

What is the Walking Club....

The Walking Club is a program that promotes community wide walking. Here's your chance to get healthy while walking on predetermined courses throughout Murray City. If our scheduled walking days don't work for you, then you can also walk on your own and report your progress. The walking club makes exercise accessible, fun and no longer intimidating for all men and women residents regardless of their existing level of fitness. The goal is to build a healthy community. This program is for everyone and all ages.

Upgraded and improved



www.murray.utah.gov
801 264-2614

Benefits of walking include:

- Improves Cardio fitness
- Lowers Blood Pressure
- Increases your energy
- Helps to relieve Stress
- Raises your metabolism
- Strengthens muscles
- Elevates Mood
- Strengthen bones
- Burns body fat
- Improves efficiency of your heart and lungs
- Controls your appetite
- Slows aging
- Reduces Cholesterol
- Promotes restful sleep
- Promotes weight loss

To name just a few.....

Dates: April 2-October 29
Days: Mondays 6-7 pm ,
Wednesdays 6-7 pm,
Thursdays 9-10 am
Saturday mornings 9-10:30am
Cost: \$25 per person, (Includes
T-shirt, Water bottle and Pedometer)

Deadline: Friday March 30, 2012

Register: Murray Parks and Recreation 296 East Murray Park Avenue,
The Park Center 202 East Murray Park Avenue or online at
www.mcreg.com with a pin number and barcode. These can be obtained
by calling the Recreation office at 801 264-2614!

Walking Club Meeting for all Participants April 2, 2011 at Pavilion #5 in
Murray Park at 6:00 pm. Shirts, pedometers, walking schedule, walking
courses, and format of the program will be discussed and handed out.

Features of the Walking Club...

- Weekly walks on five predesigned courses throughout the Murray City Parks system.
- Determine your step stride and how many of your steps constitutes a mile.
- Tips and motivation
- Opportunities to meet new people and social interaction.
- Body measurements to check progress
- Tracking weekly progress.
- Incentives to keep you walking.
- Free clinics and seminars geared for improving your health and fitness

Walking Club Registration (one form per person)
296 East Murray Park Avenue, Murray, UT 84107

Name _____ Phone _____ Adult/Youth (Please circle One)

Address _____ Zip Code _____

Mother's Name _____ Phone _____ Cel Phone _____

Father's Name _____ Phone _____ Cel Phone _____

Email _____

T-Shirt Size: (Please select your size)

___YS ___YM ___YL ___AS ___AM ___AL ___AXL ___AXXL ___AXXXL

LIABILITY RELEASE AND PERMISSION TO PARTICIPATE

In consideration of the acceptance of my application for the above activity, I hereby waive, release, and discharge any and all claims for damages for death, personal injury, or property damage which my child may have, or which may hereafter accrue as a result of participation in said event. It is understood that some recreational activities involve an element of risk or danger of accidents, and knowing those risks, I hereby assume those risks. It is further understood and agreed that this waiver, release, and assumption of risk is to be binding on my heirs and assigns. I have read and understood the foregoing registration, liability release, and agree to all of their terms and conditions.

Participants/Parent/Guardian Signature _____

_____ Date

Date _____ Staff _____
Amount _____
CK ___ CC ___ Cash _____